



Yorkshire Schools' Mental Health Conference 2017

Headingley Campus - Leeds Beckett University, Leeds, LS6 3QS

Monday 26 June 2017, 9:15-4:15



Chaired by John Tomsett

- Head Teacher, Huntington School, York

- Author: "Mind Over Matter, This much I know about the mental health crisis in schools.... improving mental health in our schools."

"John Tomsett comes as close as anyone I have met to not only understanding mental health in schools, but having sensible things to say about what to do."

- Sir Simon Wessely, Regius Professor of Psychiatry, Kings College London & President, Royal College of Psychiatrists

AGENDA

8:45 Arrival, registration and refreshments

9:15 Chair's welcome

9:30 **Keynote address: Mental Health in schools "a social injustice"**



Mick Atkinson (Children & YP Mental Health Coalition)

- The national picture of mental health in schools, what is the emerging policy picture and what does this mean for schools?
- System wide solutions needed to strengthen student resilience, what the latest thinking is on school mental health?
- What opportunities do schools have to improve mental health?

10:25 **What does effective school mental health look like?**

Dean Johnstone, CEO, Stronger Minds

- Find out the steps schools can take to strengthen resilience for their community
- Exploring strategies for embedding and sustaining mentally healthy practices

10:45 Refreshment break

11:15 Workshops – please select one:

School case study: successful CAMHS collaboration

Steve Rippin, Assistant Headteacher, Tipton School, Sheffield.

- How a “single-point of contact” between CAMHS and school is improving mental health
- Promoting self-help and support with emotional health through lessons, assemblies, form tutors and a team of student and staff mental health champions

Secondary School case studies: the journey towards whole school mental health & outstanding mental health provision

Abbigail Terry, Acting Assistant Principal in charge of Well-being and Ethos, King James's School, Huddersfield.

Ruth Moody, Teacher of English and Pupil Premium Coordinator for English &

Mark Wheatley, Subject Leader of Politics. All Saints RC School, York

- How the support of SLT is crucial in making sure mental health is prioritised
- An evaluation of student and staff wellbeing leads, peer mentors, anti-bullying projects
- A case study on the 'Action Minds' project, which helps students better understand themselves and their mental state
- Experience of Ofsted inspection of school mental health support

Building a 'tier-less' emotional wellbeing and mental health service

Sally Savage, Chief Commissioning Officer, Lincolnshire County Council

- How the local authority in Lincolnshire, delegated as lead commissioner for children's mental health, has developed a multi-agency, evidence-based service
- Programmes with a focus on early intervention and prevention
- Successes to date, challenges and future plans

Building resilience in primary schools - practical techniques and strengthening the curriculum

Simon Benn, Founder, Jack Cherry Social Enterprise

- Reducing stress among children during times of additional pressure in the school year
- Embedding mental health awareness and support across the primary curriculum, including PSHE along with other parts of the curriculum

Secondary schools: raising awareness of cultural barriers faced by BME students when it comes to mental health

Asha Iqbal, Founder, Generation Reform

- Realising the cultural differences and barriers faced by BME students
- Being able to empathise with students from BME communities by exploring scenarios
- Learning to adapt teaching methods and classroom environment with cultural differences in mind

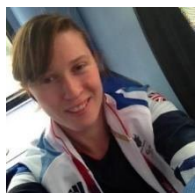
Developing mindfulness in Key Stage 2

Emma Naisbett, Mindfulness in Schools Project

- Find out more about bringing mindfulness to your key stage 2 students and curriculum
- Discover how a mindfulness approach can help you teach mindfully and teach mindfulness to your students

12:15 Lunch

13:00 **Keynote: mental health and physical disability**



Vicky Widdup, Team GB Paralympian and Stronger Minds Consultant

- The links between physical health and mental health
- Steps schools can take to assist children with physical disabilities so they stay mentally healthy

13:50 **The power of mentoring**



Eleanor Cooper, Mentoring Project Manager, The Diana Award

- How mentoring can strengthen resilience and character in young people
- Steps schools can take to implement effective mentoring schemes

14:10 **CAMHS and Schools: building effective relationships**



Dr. Zoe Brownlie, Clinical Psychologist, CAMHS School Link Lead, Sheffield Children's NHS Foundation Trust

- How schools and CAMHS can build and maintain effective working relationships for the benefit of children
- When it works well; examples of excellent practice which school leaders can draw on to build links with their own CAMHS teams

14:30 Questions and answers

14:40 Refreshment break

15:00 **Effective mental health professional learning for school staff**



David Weston, CEO, Teacher Development Trust

- What make staff CPD effective when it comes to mental health
- Examples of strong practice when it comes to mental health CPD

15:50 **A new approach to school mental health**



Prof. Damien Page, Dean of the Carnegie School of Education, Leeds Beckett University

- How the Carnegie Centre of excellence for mental health in schools will support schools work in this area
- The plans for the future when it comes to school mental health

4:15 Close

Speakers from a range of schools, charities, LAs and other organisations, including:



**Children & Young People's
Mental Health Coalition**



Sheffield Children's **NHS**
NHS Foundation Trust

Generation Reform



Tapton
SCHOOL

Tickets: www.leedsbeckett.ac.uk/mhconference